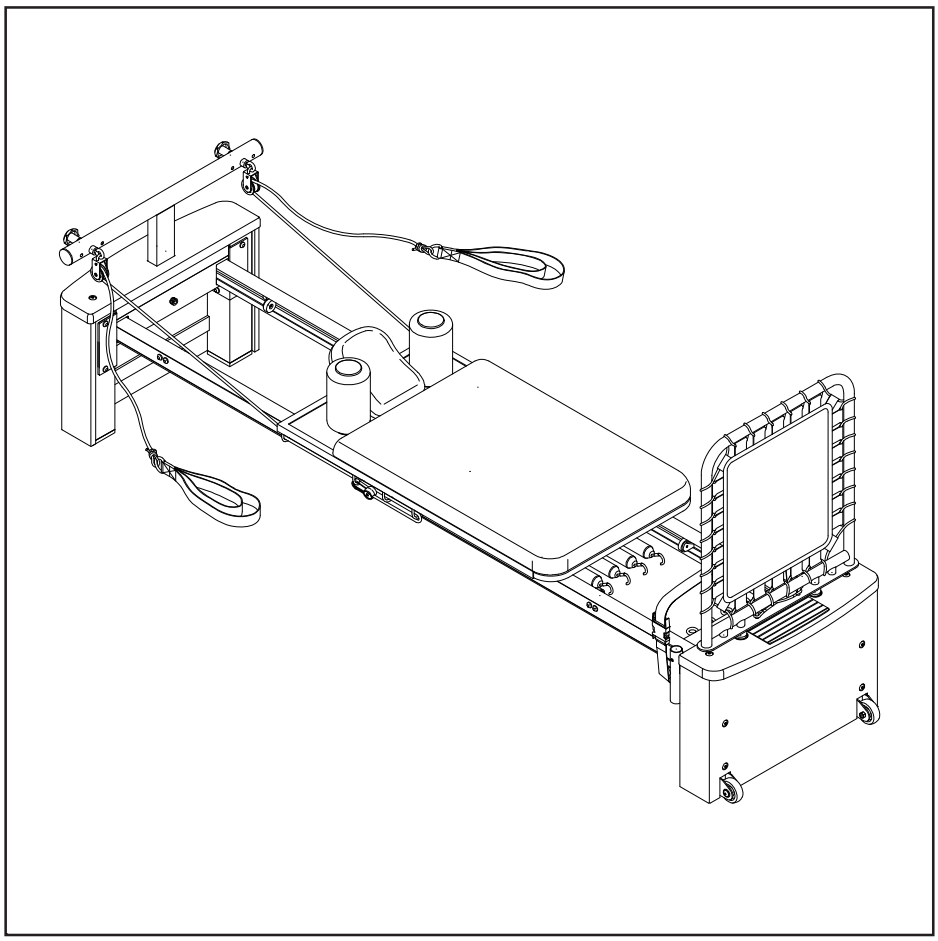
# AeroPilates® PRO XP557

# Owner's Manual



**⚠ WARNING ⚠**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number.

**55-5557**
**Patent No. 7,179,207.**
**Other Patents Applied and Are Pending.**
MADE IN CHINA

**Product May Vary Slightly From Pictured.**

**CAUTION:**
**Weight on this product should not exceed 300 lbs.**

**This Product is Produced Exclusively by**

STAMINA® PRODUCTS, INC.

**2040 N. Alliance, Springfield, MO 65803**
**Customer Service Number**
**1 (800) 375-7520**
**www.staminaproducts.com**

2007, 12

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## SAFETY INSTRUCTIONS

**WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the *AeroPilates*® Pro XP557.**

1. We recommend that two people be available for assembly of this product.
2. Read all warnings posted on the ***AeroPilates*® Pro XP557.**
3. Read this Owner's Manual and follow it carefully before using the ***AeroPilates*® Pro XP557.** Make sure that it is properly assembled and tightened before use.
4. When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and the product.
5. Keep children away from the ***AeroPilates*® Pro XP557.** Do not allow children to use or play on the ***AeroPilates*® Pro XP557.** Keep children and pets away from the ***AeroPilates*® Pro XP557** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the ***AeroPilates*® Pro XP557** on a solid level surface. Do not position the ***AeroPilates*® Pro XP557** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the ***AeroPilates*® Pro XP557.**
9. Inspect the ***AeroPilates*® Pro XP557** for worn or loose components prior to use.
10. Tighten/replace any loose or worn components prior to using the ***AeroPilates*® Pro XP557.**
11. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
12. Follow your physician's recommendations in developing your own personal fitness program.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the ***AeroPilates*® Pro XP557.**
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the ***AeroPilates*® Pro XP557,** loss of balance may result in a fall and serious bodily injury.
16. The ***AeroPilates*® Pro XP557** should not be used by persons weighing over 300 pounds.
17. The ***AeroPilates*® Pro XP557** should be used by only one person at a time.
18. The ***AeroPilates*® Pro XP557** is for consumer use only. It is not for use in public or semipublic facilities.

**WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

# CALL US FIRST

STAMINA® PRODUCTS, INC.

## Customer Service Number

# 1(800) 375-7520

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## THANK YOU FOR PURCHASING THE *AeroPilates*® Pro XP557

**To help you get started, we have pre-assembled most of your *AeroPilates*® Pro XP557 at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts you will be getting your body into shape and on your way to achieving a happier and healthier lifestyle.**

**Should you have any questions,**
**please call our Customer Service Department toll-free number,**
**1 (800) 375-7520**
**Monday - Thursday, 7:30 A.M. - 5:00 P.M. Central Time.**
**Friday, 8:00 A.M. - 3:00 P.M., Central Time.**

**TELEPHONE**
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

**FAX**
CUSTOMER SERVICE
Fax: (417) 889-8064

**ONLINE**
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parts@staminaproducts.com
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www.staminaproducts.com

**MAIL**
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

## BEFORE YOU BEGIN

Thank you for choosing the ***AeroPilates*® Pro XP557.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The ***AeroPilates*® Pro XP557** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

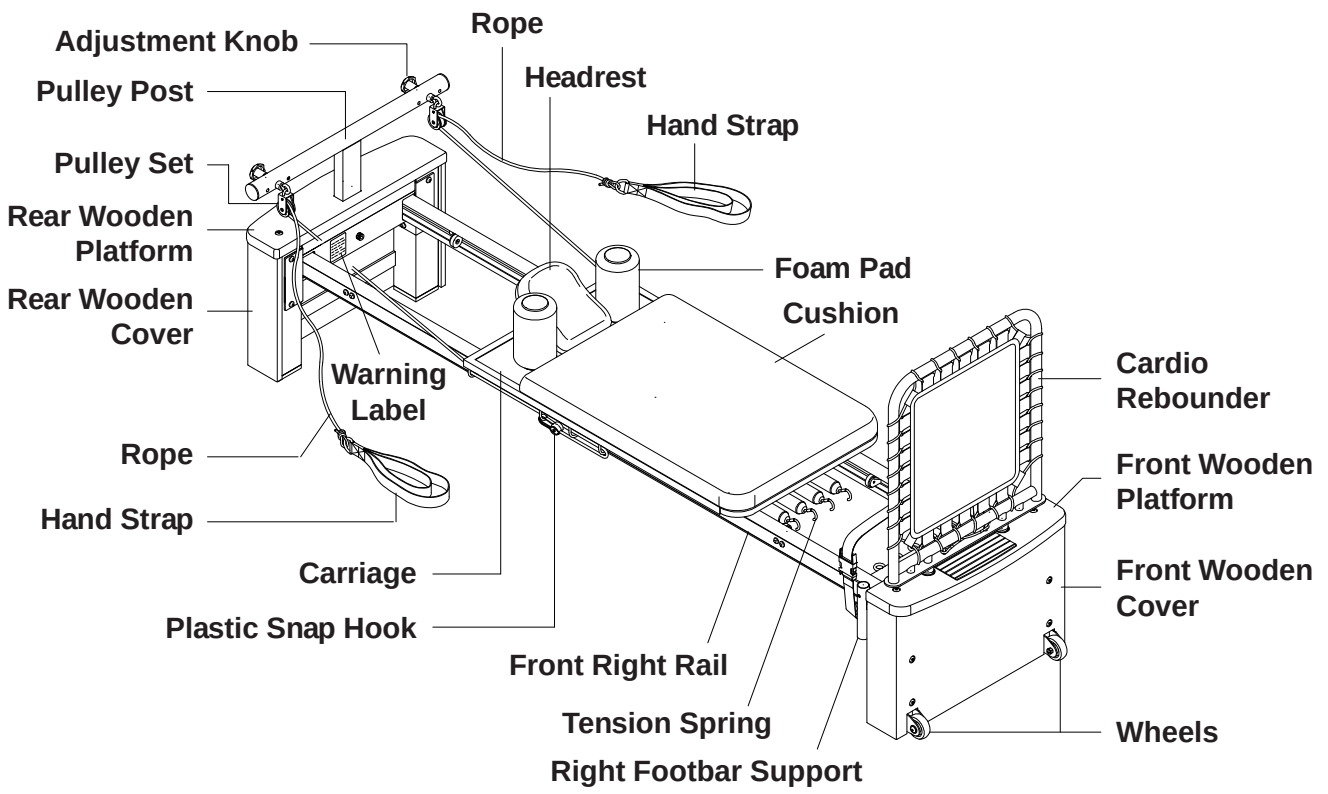
Read this manual carefully before using the ***AeroPilates*® Pro XP557.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your ***AeroPilates*® Pro XP557,** please do not return the product. Contact us FIRST!

If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

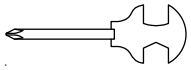
Be sure to have the name and model number of the product available when you contact us.



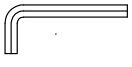

**THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :**

**Allen Wrench (8mm)**

**Allen Wrench (5mm)**



**Combination Wrench**



**Allen Wrench (6mm)**

# EQUIPMENT WARNING & NOTICE LABELS

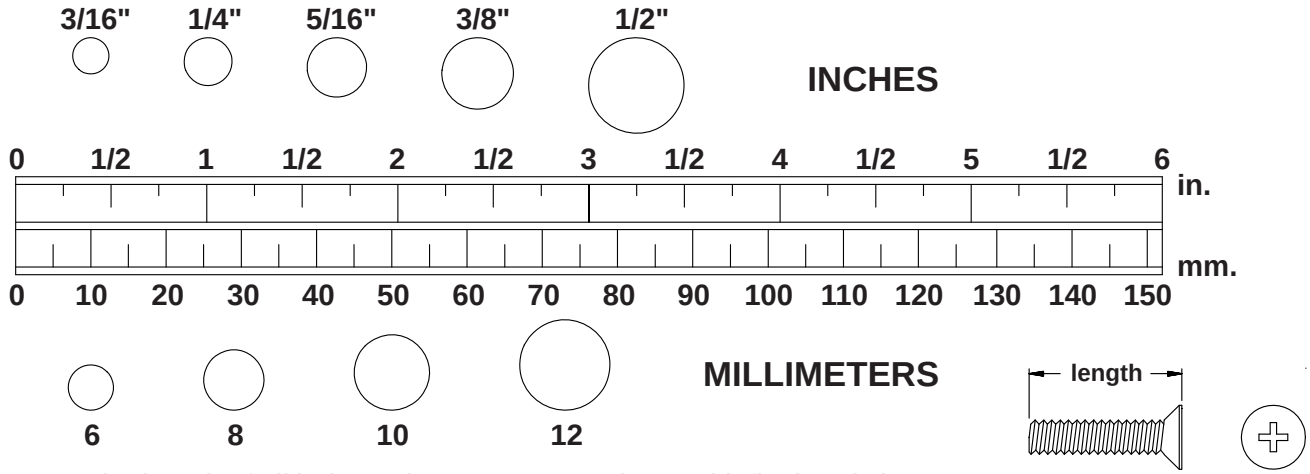
This chart is provided to help identify the warning & notice labels on the ***AeroPilates*® Pro XP557.** Please take a moment to familiarize yourself with all of the warning & notice labels.

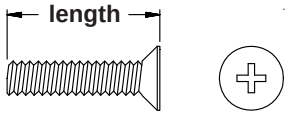
**Label is larger than actual size**

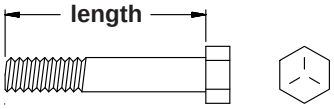
**W1** **WARNING LABEL(85)**

# HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

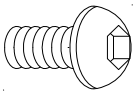
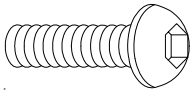
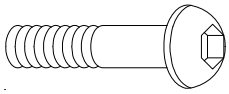
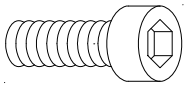
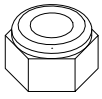
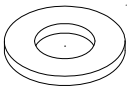


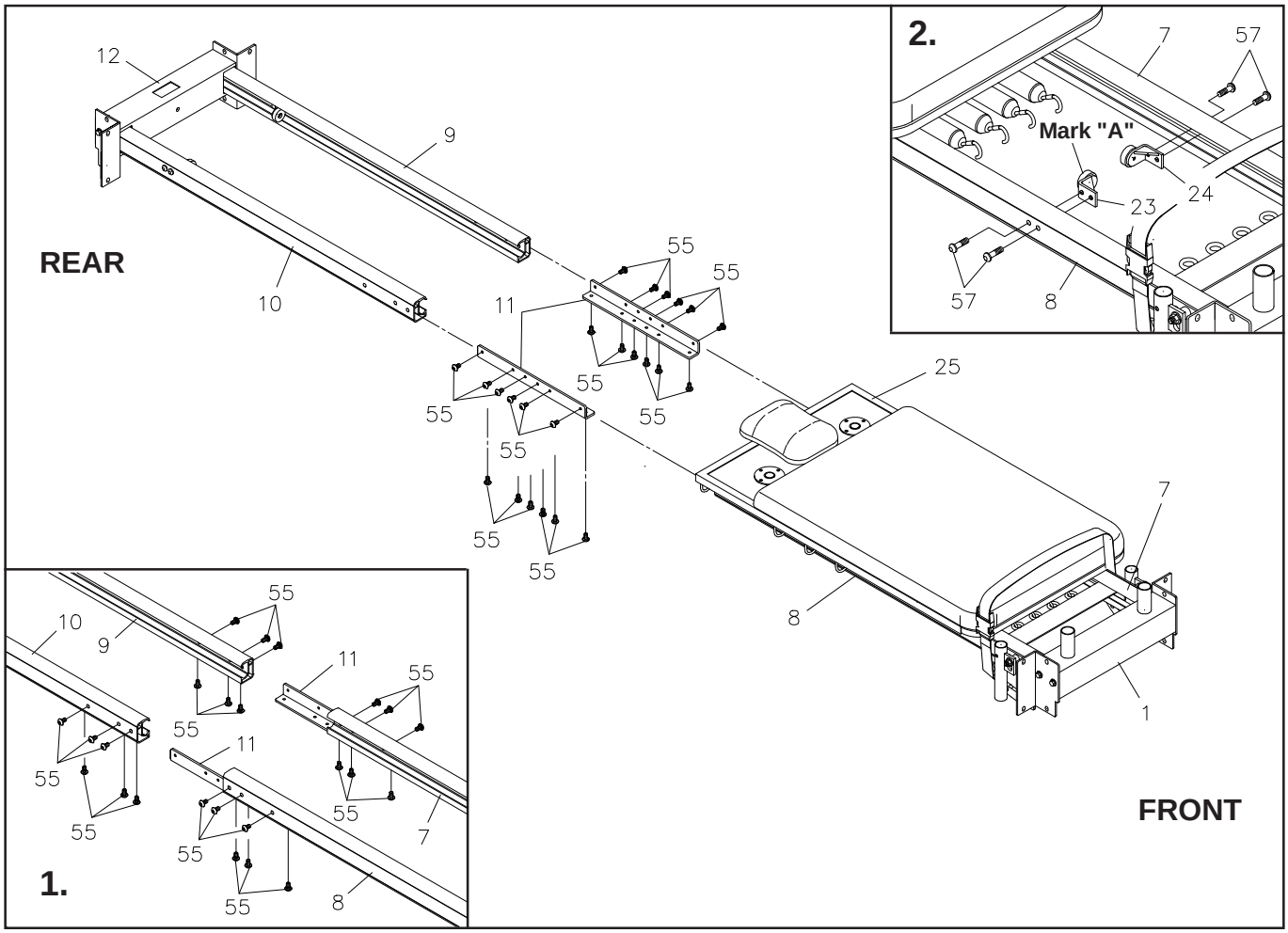

**NOTICE:** The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

| | Part No. and Description | | Qty |
|---|---|---|---|
|  | 55 | Bolt, Button Head (M8 x 1.25 x 10mm, with threadlocker) | 24 |
|  | 56 | Bolt, Button Head (M8 x 1.25 x 20mm) | 16 |
| | 57 | Bolt, Button Head (M8 x 1.25 x 24mm, with threadlocker) | 4 |
| | 58 | Bolt, Button Head (M8 x 1.25 x 30mm) | 4 |
| | 81 | Bolt, Button Head (M8 x 1.25 x 25mm) | 8 |
|  | 60 | Bolt, Button Head (M8 x 1.25 x 42mm) | 2 |
|  | 61 | Bolt, Socket Head (M10 x 1.5 x 35mm) | 1 |
|  | 73 | Nylock Nut (M8 x 1.25) | 2 |
| | 76 | Arc Washer (M8) | 2 |
|  | 79 | Washer (M8) | 2 |

## ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1 (800) 375-7520** or e-mail us at: **parts@staminaproducts.com**




**NOTE: We recommend that two people be available for assembly of this product.**

**STEP 1**

Refer to illustration 1. To connect the **RAILS:** Insert the **CONNECTING BRACKETS(11)** into the **FRONT LEFT RAIL(7)** and **FRONT RIGHT RAIL(8)** and secure with **BUTTON HEAD BOLTS(M8x1.25x10mm)(55).** Do not tighten the bolts until STEP 2.

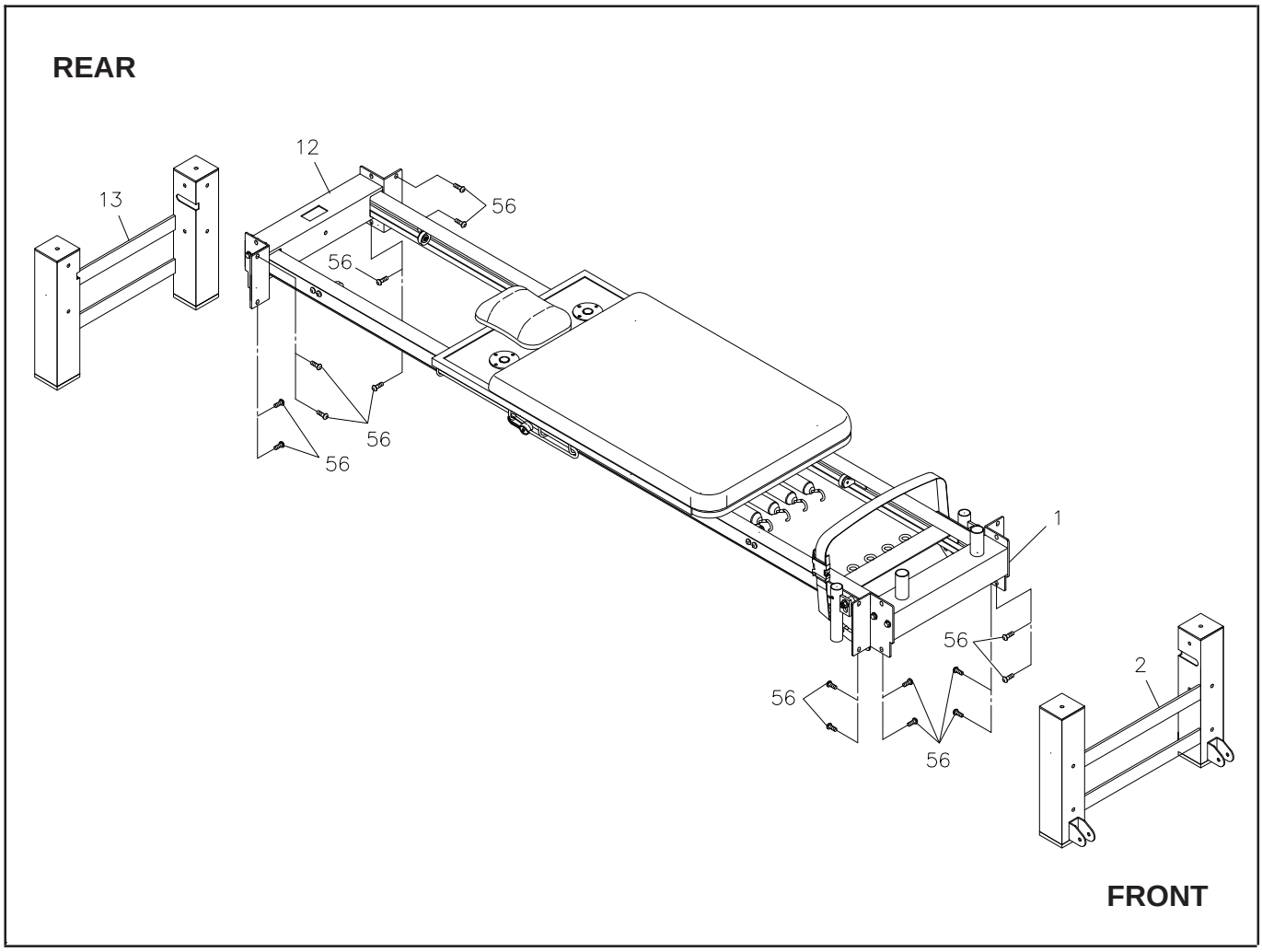
**STEP 2**

Insert the **CONNECTING BRACKETS(11)** into the **REAR LEFT RAIL(9)** and **REAR RIGHT RAIL(10)** and secure with **BUTTON HEAD BOLTS(M8x1.25x10mm)(55).** Tighten all of the bolts.

**STEP 3**

Refer to illustration 2. There is an **"A"** decal on the **STOP BRACKET A(23)** and a **"B"** decal on the **STOP BRACKET B(24).** Move the **CARRIAGE(26)** toward the **REAR BRACE(12).** Attach the **STOP BRACKET A(23)** to the **FRONT RIGHT RAIL(8)** with **BUTTON HEAD BOLTS(M8x1.25x24mm)(57).** Attach the **STOP BRACKET B(24)** to the **FRONT LEFT RAIL(7)** with **BUTTON HEAD BOLTS(M8x1.25x24mm)(57).**

## ASSEMBLY INSTRUCTIONS



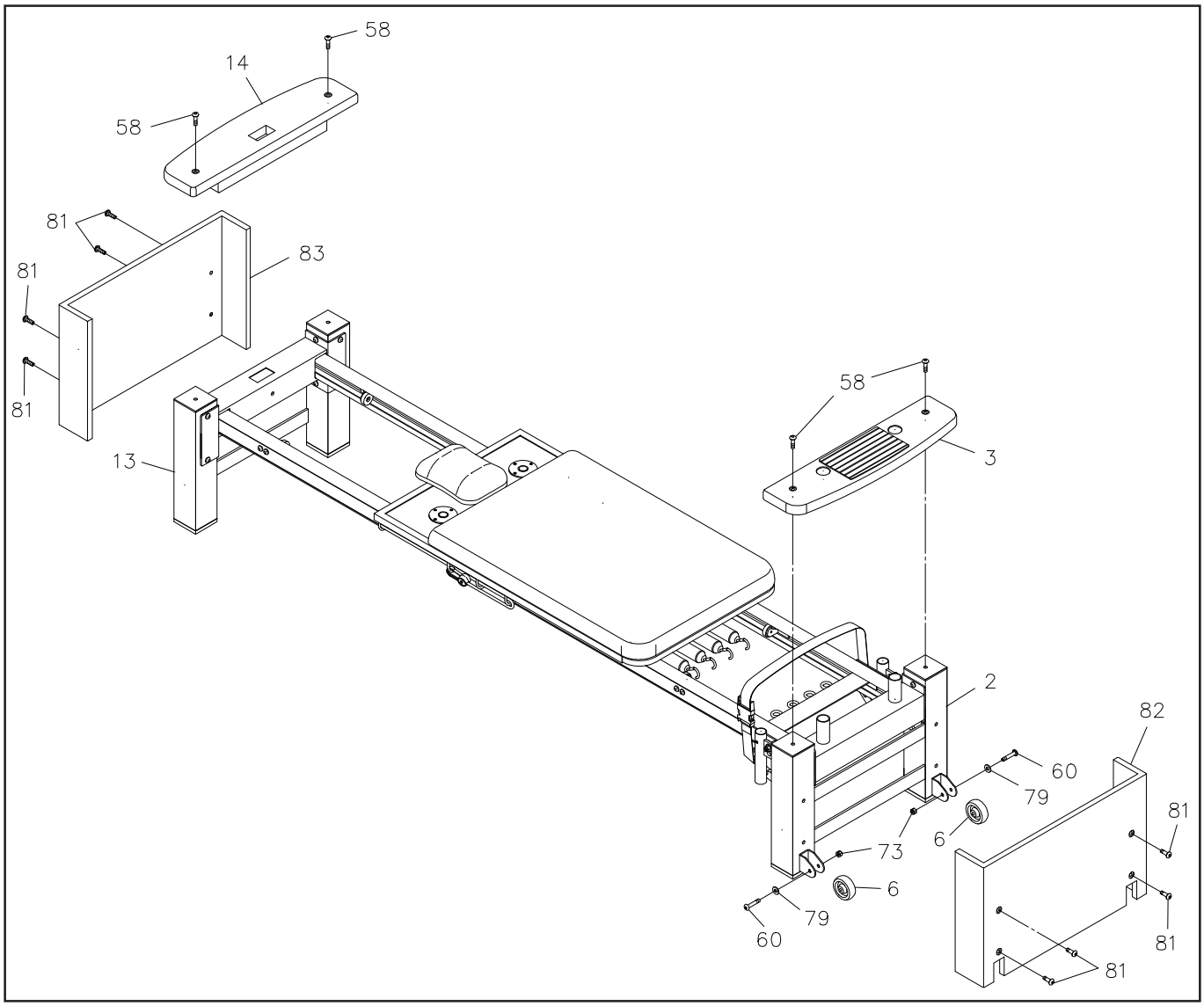

**STEP 4**

Slide the **FRONT LEG(2)** onto the **FRONT BRACE(1)** as shown in the illustration and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(56).** Do not tighten bolts until STEP 5 is complete.

**STEP 5**

Slide the **REAR LEG(13)** onto the **REAR BRACE(12)** as shown in the illustration and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(56).** Tighten all of the bolts.

## ASSEMBLY INSTRUCTIONS




### STEP 6

Attach the **FRONT WOODEN COVER(82)** to the **FRONT LEG(2)** with **BUTTON HEAD BOLTS (M8x1.25X25mm)(81).**

### STEP 7

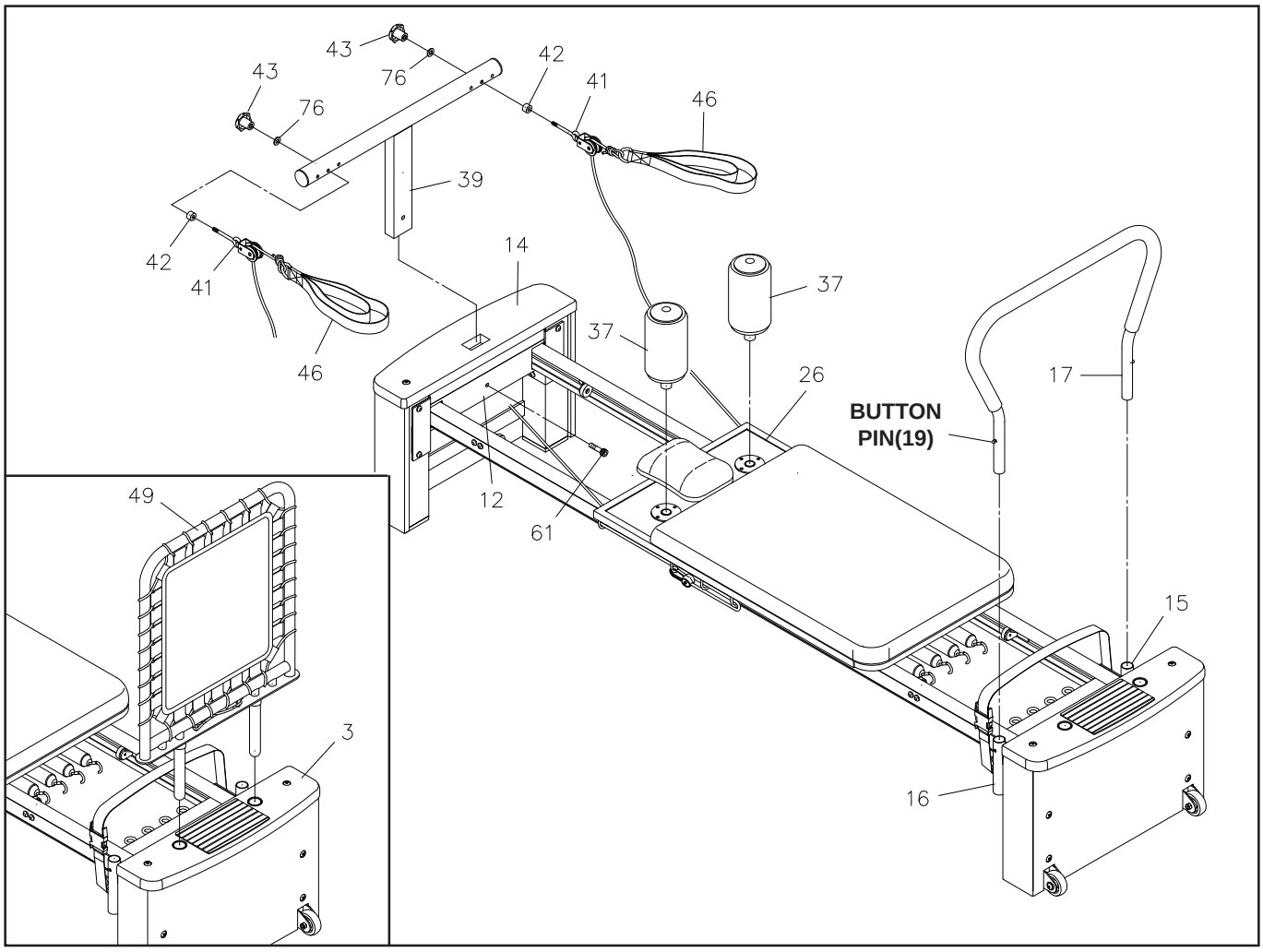
Attach the **FRONT WOODEN PLATFORM(3)** to the top of the **FRONT LEG(2)** with **BUTTON HEAD BOLTS (M8x1.25x30mm)(58).**

Repeat STEP 6 and STEP 7 to attach the **REAR WOODEN COVER(83)** and **REAR WOODEN PLATFORM (14)** to the **REAR LEG(13).**

### STEP 8

Attach the **WHEELS(6)** to the **FRONT LEG(2)** with **BUTTON HEAD BOLTS(M8x1.25x42mm)(60), WASHERS(M8)(79),** and **NYLOCK NUTS(M8x1.25)(73).**

## ASSEMBLY INSTRUCTIONS




### STEP 9

Insert the **PULLEY POST(39)** into the **REAR WOODEN PLATFORM(14)** and secure with **SOCKET BOLT(M10x1.5x35mm)(61).** Insert the **PULLEY SETS(41)** through the **PULLEY SPACERS(42)** and the **PULLEY POST(39)** and secure with **ADJUSTMENT KNOBS(43)** and **ARC WASHERS(M8)(76).**

### STEP 10

Screw the two **FOAM PADS(37)** into the **CARRIAGE(26).**

### STEP 11

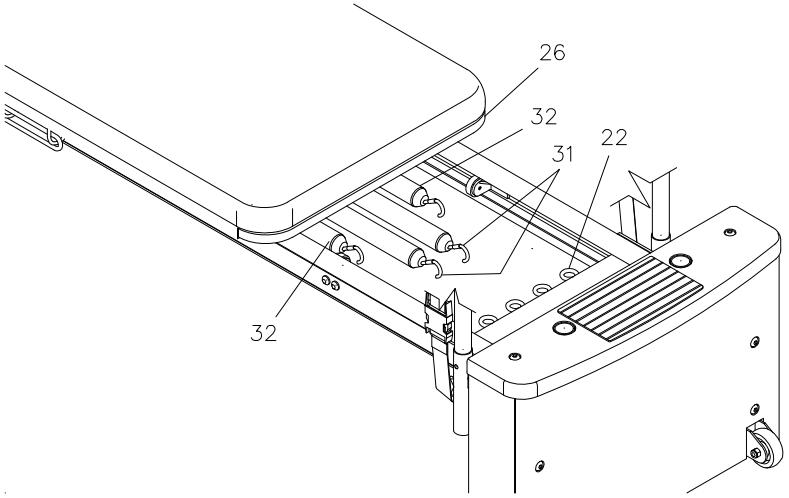
The **FOOTBAR(17)** and the **CARDIO REBOUNDER(49)** cannot be used at the same time. For cardio workouts, install the **CARDIO REBOUNDER(49)** and for Pilates workouts, install the **FOOTBAR(17).**

1. To install the **FOOTBAR(17),** insert the **FOOTBAR(17)** into the **LEFT** and **RIGHT FOOTBAR SUPPORTS (15, 16)** and slide down until **BUTTON PINS(19)** lock into position.
2. To remove the **FOOTBAR(17),** grasp the **FOOTBAR(17)** on both sides close to the **FOOTBAR SUPPORTS(15, 16).** Press the **BUTTON PINS(19)** at the same time, pull up, and remove.
3. Refer to the inset drawing. To install the **CARDIO REBOUNDER(49),** insert the **CARDIO REBOUNDER (49)** posts into the holes in the **FRONT WOODEN PLATFORM(3).**

## OPERATIONAL INSTRUCTION

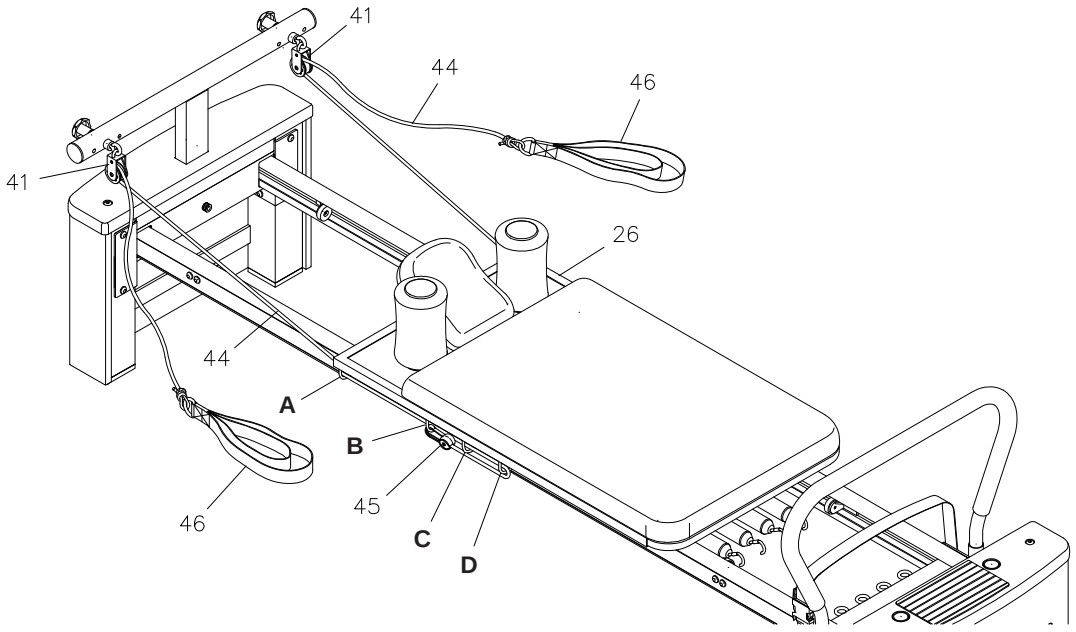
## LOAD ADJUSTMENT

The ***AeroPilates*® Pro XP557** has four springs: two **HIGH TENSION SPRINGS(31)** identified with yellow bands and two **LOW TENSION SPRINGS(32)** identified with blue bands. The resistance of the **CARRIAGE (26)** can be adjusted by attaching the springs to the **EYEHOOKS(22).** Springs are easily changed between exercises for an uninterrupted workout. The workout wall chart and video workouts recommend how many and which springs to use for each exercise.




## ROPE LENGTH ADJUSTMENT

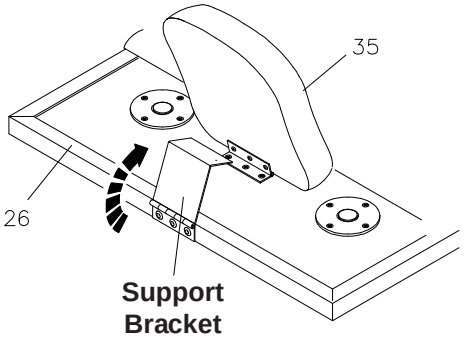
The **ROPES(44)** feed through the **PULLEY SETS(41)** then thread through the loops on the underside of both outer edges of the **CARRIAGE(26). PLASTIC SNAP HOOKS(45)** on the end of each rope are used to adjust the **ROPE(44)** length. If more length is needed, attach the **PLASTIC SNAP HOOKS(45)** to loop D. To shorten, bring the **ROPES(44)** around the last loop D and secure to loops A, B, or C with the **PLASTIC SNAP HOOKS(45).** Wrap **ROPES(44)** through the loops and attach where needed to shorten **ROPES(44)** even more.



## OPERATIONAL INSTRUCTION

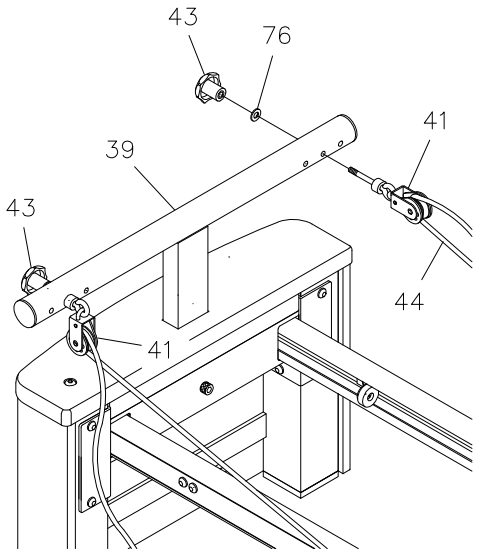
### HEADREST ADJUSTMENT

The **HEADREST(35)** on the **CARRIAGE(26)** can be positioned flat or at an incline by simply pivoting the support bracket underneath the **HEADREST(35).**




### PULLEY ADJUSTMENT

There are three adjustment holes on each side of the **PULLEY POST(39)** for attaching the **PULLEY SETS(41)** in different widths. Remove the **ADJUSTMENT KNOBS(43)** and **ARC WASHERS (M8)(76)** from the **PULLEY POST(39).** Attach the **PULLEY SETS(41)** to the position you want and secure with the **ADJUSTMENT KNOBS(43)** and **ARC WASHERS(M8)(76).**
**NOTE:** Always use the same adjustment holes for both sides.

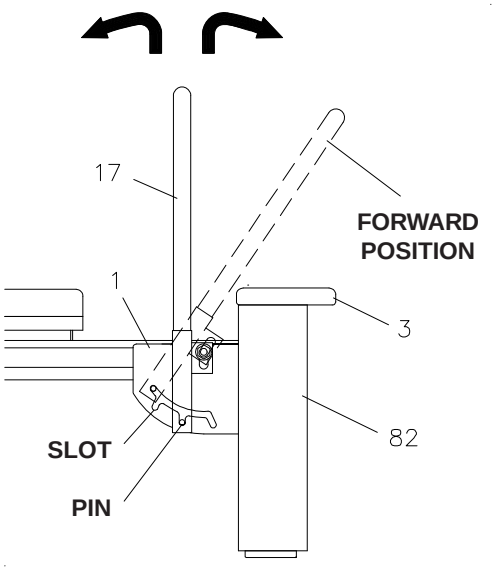



### FOOTBAR ADJUSTMENT

The **FOOTBAR(17)** can be positioned at three angles. Lift the **FOOTBAR(17)** until the pins come out of the slots on the **FRONT BRACE(1).** Move the **FOOTBAR(17)** to the desired position and lock the **FOOTBAR(17)** in position by pushing it down so that the pins are in the slots on the **FRONT BRACE(1).**

**NOTE:**

1. Always make sure the pins are locked into the slots properly.
2. Use forward position of the **FOOTBAR(17)** when standing on the ***AeroPilates*® Pro XP557** with one foot on the **FRONT WOODEN PLATFORM(3).**



## STORAGE

1. Store the ***AeroPilates*® Pro XP557** in a clean, dry place.
2. It is recommended that two people be available to move the ***AeroPilates*® Pro XP557.**
3. To move the ***AeroPilates*® Pro XP557:** First, attach one of the **TENSION SPRINGS** to the **EYEHOOK (22)** to prevent the **CARRIAGE(26)** from moving. Second, grasp the **PULLEY POST(39)** and lift the unit from the back. Third, roll the ***AeroPilates*® Pro XP557** on the moving wheels that are attached to the **FRONT LEG(2).**

## MAINTENANCE

The safety and integrity designed into the ***AeroPilates*® Pro XP557** can only be maintained when the ***AeroPilates*® Pro XP557** is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components should be replaced immediately or the ***AeroPilates*® Pro XP557** removed from service until repair is made.
3. Verify that the Warning Label is present and legible. Replace the Warning Label if it is missing or damaged.
4. Verify that the **ROPES(44)** are properly installed on the **PULLEY SETS(41).**
5. Check the condition of the **ROPES(44)** and replace if they are frayed or worn.
6. Check the **PLASTIC SNAP HOOKS(45)** on the ends of the **ROPES(44).** Replace the **ROPES(44)** if **PLASTIC SNAP HOOKS(45)** are damaged or deformed.
7. Check the condition of the **TENSION SPRINGS(31, 32).** Replace the springs that are damaged.
8. Check the **BUNGEE CORD(51)** on the **CARDIO REBOUNDER(49)** for wear. Replace the **CARDIO REBOUNDER(49)** if the **BUNGEE CORD(51)** is frayed or worn.
9. Check the **PULLEY SETS(41)** for excessive wear. Replace worn **PULLEY SETS(41).**
10. Check the **HAND STRAPS(46)** for damage. Replace damaged parts.
11. Check the **FOAM SLEEVE(18), FOAM PADS(37),** and **FOAM PAD WEAR COVERS(84)** and replace if damaged or worn.
12. Check the **STOP PLATES(23, 24)** for looseness or damage and replace any damaged parts.
13. Check the **CUSHION(29)** and replace if it is damaged or worn.
14. Check and clean the **ROLLERS(27)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
15. Only Stamina Products supplied components shall be used to maintain/repair the ***AeroPilates*® Pro XP557.**
16. Keep your ***AeroPilates*® Pro XP557** clean by wiping with an absorbent cloth after use.

## CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually, too, by monitoring your heart rate while you exercise.

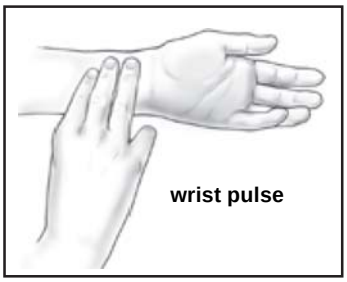
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.




Target Heart Rate Zone Estimated by Age*

| Age | Target Heart Rate Zone (55%-90% of Maximum Heart Rate) | Average Maximum Heart Rate 100% |
|---|---|---|
| 20 years | 110-180 beats per minute | 200 beats per minute |
| 25 years | 107-175 beats per minute | 195 beats per minute |
| 30 years | 105-171 beats per minute | 190 beats per minute |
| 35 years | 102-166 beats per minute | 185 beats per minute |
| 40 years | 99-162 beats per minute | 180 beats per minute |
| 45 years | 97-157 beats per minute | 175 beats per minute |
| 50 years | 94-153 beats per minute | 170 beats per minute |
| 55 years | 91-148 beats per minute | 165 beats per minute |
| 60 years | 88-144 beats per minute | 160 beats per minute |
| 65 years | 85-139 beats per minute | 155 beats per minute |
| 70 years | 83-135 beats per minute | 150 beats per minute |

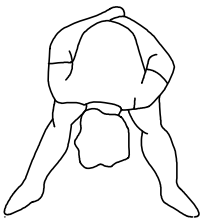
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

## WARM-UP and COOL-DOWN

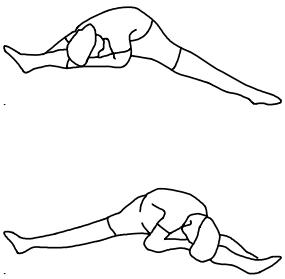
**Warm-Up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

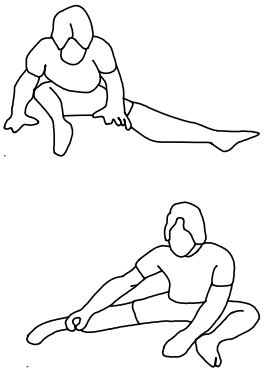
### Suggested Stretching Exercises



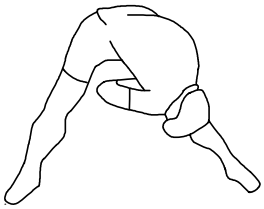
**Lower Body Stretch**
Place feet shoulder width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessen, try a lower position gradually.



**Floor Stretch**
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.



**Bent Torso Pulls**
While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

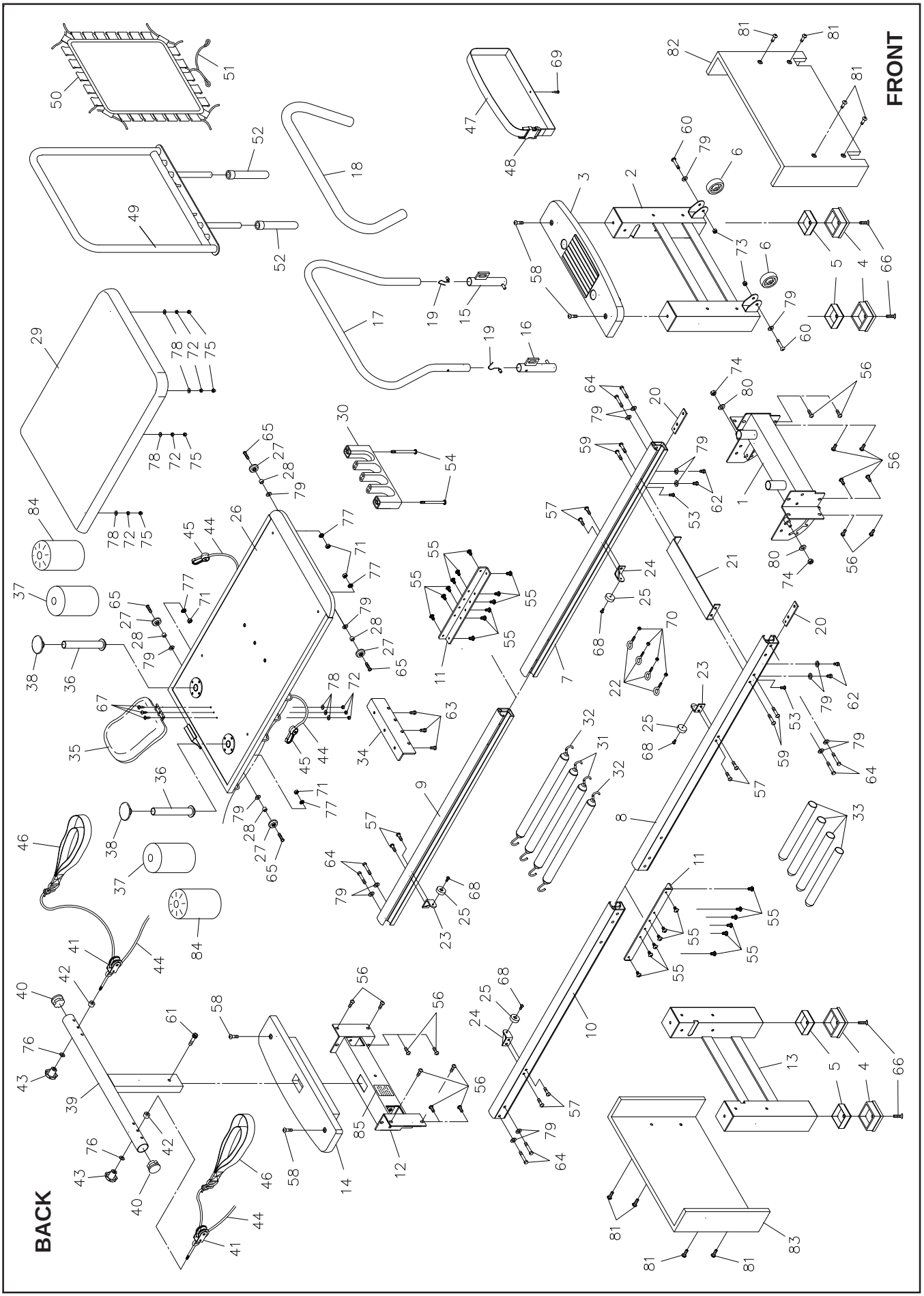


**Bent Over Leg Stretch**
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Remember always to check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

## PRODUCT PARTS DRAWING



## PARTS LIST

| DIAGRAM# | PART NAME | QTY |
|---|---|---|
| 1 | Front Brace | 1 |
| 2 | Front Leg | 1 |
| 3 | Front Wooden Platform | 1 |
| 4 | Stand Cap | 4 |
| 5 | Support Cap | 4 |
| 6 | Wheel | 2 |
| 7 | Front Left Rail | 1 |
| 8 | Front Right Rail | 1 |
| 9 | Rear Left Rail | 1 |
| 10 | Rear Right Rail | 1 |
| 11 | Connecting Bracket | 2 |
| 12 | Rear Brace | 1 |
| 13 | Rear Leg | 1 |
| 14 | Rear Wooden Platform | 1 |
| 15 | Left Footbar Support | 1 |
| 16 | Right Footbar Support | 1 |
| 17 | Footbar | 1 |
| 18 | Foam Sleeve | 1 |
| 19 | Button Pin | 2 |
| 20 | Support Plate | 2 |
| 21 | Spring Brace | 1 |
| 22 | Eyehook | 4 |
| 23 | Stop Bracket A | 2 |
| 24 | Stop Bracket B | 2 |
| 25 | Bumper | 4 |
| 26 | Carriage | 1 |
| 27 | Roller | 4 |
| 28 | Roller Spacer | 4 |
| 29 | Cushion | 1 |
| 30 | Spring Holder | 1 |
| 31 | High Tension Spring, Yellow Marked | 2 |
| 32 | Low Tension Spring, Blue Marked | 2 |
| 33 | Tension Spring Sleeve | 4 |
| 34 | Hanging Bracket | 1 |
| 35 | Headrest | 1 |
| 36 | Foam Pad Tube | 2 |
| 37 | Foam Pad | 2 |
| 38 | Foam Cap | 2 |
| 39 | Pulley Post | 1 |
| 40 | Round Plug (42mm) | 2 |
| 41 | Pulley Set | 2 |
| 42 | Pulley Spacer | 2 |
| 43 | Adjustment Knob | 2 |
| 44 | Rope | 2 |
| 45 | Plastic Snap Hook | 2 |
| 46 | Hand Strap | 2 |
| 47 | Foot Strap | 1 |
| 48 | Buckle | 1 |

## PARTS LIST

| DIAGRAM# | PART NAME | QTY |
|---|---|---|
| 49 | Cardio Rebounder Frame | 1 |
| 50 | Cardio Rebounder Mat | 1 |
| 51 | Bungee Cord | 1 |
| 52 | Bumper Sleeve | 2 |
| 53 | Bolt, Button Head (M6 x 1 x 10mm) | 2 |
| 54 | Bolt, Button Head (M6 x 1 x 80mm) | 2 |
| 55 | Bolt, Button Head (M8 x 1.25 x 10mm, with threadlocker) | 24 |
| 56 | Bolt, Button Head (M8 x 1.25 x 20mm) | 16 |
| 57 | Bolt, Button Head (M8 x 1.25 x 24mm, with threadlocker) | 8 |
| 58 | Bolt, Button Head (M8 x 1.25 x 30mm) | 4 |
| 59 | Bolt, Button Head (M8 x 1.25 x 28mm) | 4 |
| 60 | Bolt, Button Head (M8 x 1.25 x 42mm) | 2 |
| 61 | Bolt, Socket Head (M10 x 1.5 x 35mm) | 1 |
| 62 | Bolt, Hex Head (M8 x 1.25 x 12mm, with threadlocker) | 4 |
| 63 | Bolt, Hex Head (M8 x 1.25 x 15mm) | 3 |
| 64 | Bolt, Hex Head (M8 x 1.25 x 50mm) | 8 |
| 65 | Bolt, Round Head (M8 x 1.25 x 25mm) | 4 |
| 66 | Bolt, Flat Head (M10 x 1.5 x 42mm) | 4 |
| 67 | Screw, Flat Head (M5 x 0.8 x 25mm) | 3 |
| 68 | Screw, Round Head (M6 x 1 x 10mm) | 4 |
| 69 | Screw, Round Head (M4 x 18mm) | 1 |
| 70 | Nut (M6 x 1) | 4 |
| 71 | Nut (M8 x 1.25) | 4 |
| 72 | Nylock Nut (M5 x 0.8) | 7 |
| 73 | Nylock Nut (M8 x 1.25) | 2 |
| 74 | Nylock Nut (3/8"-16) | 2 |
| 75 | Acorn Nut (M5 x 0.8) | 4 |
| 76 | Arc Washer (M8) | 2 |
| 77 | Lock Washer (M8) | 4 |
| 78 | Washer (M5) | 7 |
| 79 | Washer (M8) | 18 |
| 80 | Washer (3/8") | 2 |
| 81 | Bolt, Button Head (M8 x 1.25 x 25mm) | 8 |
| 82 | Front Wooden Cover | 1 |
| 83 | Rear Wooden Cover | 1 |
| 84 | Foam Pad Wear Cover | 2 |
| 85 | Warning Label | 1 |
| 86 | Allen Wrench (5mm) | 1 |
| 87 | Allen Wrench (6mm) | 1 |
| 88 | Allen Wrench (8mm) | 1 |
| 89 | Combination Wrench | 1 |
| 90 | Manual | 1 |
| 91 | Workout Chart | 1 |
| 92 | AeroPilates Level 1 Workout (DVD) | 1 |
| 93 | AeroPilates Cardio Workout (DVD) | 1 |

## LIMITED WARRANTY

**MODEL 55-5557**

### WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and 5 years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071** or call us at **1 (800) 375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

## NOTES

## NOTES

## FAX/MAIL ORDERING FORM

Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. Should a part be missing or a defective part found, please call **1 (800) 375-7520** (in the U.S.) from 7:30 A.M. to 5:00 P.M. Central Time, Monday through Thursday and 8:00 A.M. to 3:00 P.M. on Friday or fill out the fax sheet ordering form below and fax it to **(417) 889-8064.** Our Customer Service Department will be able to assist you with your problem and the part will be mailed directly to your house.

**TELEPHONE**
**CUSTOMER SERVICE**
**Tel: 1 (800) 375-7520**

**FAX**
**CUSTOMER SERVICE**
**Fax: (417) 889-8064**

**ONLINE**
**CUSTOMER SERVICE**
**parts@staminaproducts.com**
**cust-srvc@staminaproducts.com**
**www.staminaproducts.com**

**MAIL**
**STAMINA PRODUCTS, INC.**
**ATTN: Customer Service**
**P.O. Box 1071**
**Springfield, MO. 65801-1071**

**Detach and Mail or Fax the Form Below**

**Stamina Products, Inc.**
**P.O. Box 1071**
**Springfield, MO 65801-1071**

Mr./Ms: _____

Address: _____ Apt. #: _____

City: _____ State: _____ Zip Code: _____

**IMPORTANT: We must have your phone number in order to process the order!**

Phone #: ( ) _____ Work Phone #: ( ) _____

Date Purchased: _____

Model #: _____

Purchased From: _____

**IMPORTANT: Before filling out the form below make sure you have the right information. Refer to the parts list to make sure you're ordering the right parts!**

| PART # | DESCRIPTION | QUANTITY |
|---|---|---|
| EXAMPLE: 1 | Rear Unit Assembly | 1 |
| | | |
| | | |
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